

VOLUNTEER with EXPAND

Getting Started

1. Find a class you are interested in and that you can commit to regularly.
2. Call the staff listed below the class.
3. Set up a time to attend an orientation and fill out an application
4. Get ready for fun!!!

Monday

Youth Swim Lessons

April 8th-May 20th
4:00- 4:30 pm
Jen- EBCC

Water Aerobics

April 8th- May 20th
4:30- 5:30 pm
Jen- EBCC

Become A Chef!

April 15th- May 13th
4:00- 5:30 pm
Sherri EBCC

Tuesday

Become a Chef!

April 16th- May 14th
3:00- 4:30 pm
Sherri- EBCC

Unified Softball

May 7th- August 13th
5:00- 9:00 pm
Sherri- Mapleton

Soccer

April 9th- May 21st
4:00- 5:30 pm
Sherri- Mapleton

Quad Rugby

April 6th- April 16th
1:00-1:30 pm
Jen- EBCC

Questions?

Please contact
Colleen – 303-413-7216
fitzgeraldc@bouldercolorado.g

Wednesday

Adventures & Attitudes

April 3rd- May 22nd
3:30- 4:30 pm
Lori- EBCC

Canvas Painting

April 10th
4:30- 6:00 pm
Nikki- EBCC

Thursday

Swim Team Training

April 11th- May 23rd
6:00- 7:00 pm
Jen - EBCC

Thursday

Weight Lifting

April 4th- May 23rd
2:30- 3:00 pm
Sherri - EBCC

Spinning

April 4th- May 23rd
3:00- 4:00 pm
Sherri – EBCC

Smile & Stretch

April 4th- May 23rd
4:30- 5:30 pm
Jen- EBCC

Friday

Bowling

April 12th- May 24th
4:00-5:30 pm
Jen- CU UMC

Earth Day Hike

April 19th
10:00 am- 2:00 pm
Lori- EBCC

Saturday

Quad Rugby

April 6th- April 16th
1:00-1:30 pm
Jen- EBCC

Judo

March 30th- April 27th
3:15-4:15 pm
Sherri – NBCC

Saturday Fun!

April 6th
2:00- 4:00 pm
Mollie- EBCC

Silly Saturdays!

April 20th- May 1st
May 25th- June 1st
12:30- 3:00 pm
Lori - EBCC

Track – N – Field

April 13th- May 11th
10:00- 11:30 am
Sherri- SBCC

Sunday

Snow Shoe Day

March 10th
8:30-1:30 pm
Lori- EBCC

Paralympic Track & Field

Starting: March 24th
3:00- 5:00 pm
Jen- CU Track

Friday Night DANCES!

April 19th Grease!

**ALL DANCES ARE HELD ON
FRIDAY NIGHTS AT THE EBCC**

@ 6-8pm

Contact Cory Lasher

EXPAND Staff

Cory	303-413-7269	LasherC@bouldercolorado.gov
Jen	303-413-7474	HeilveilJ@bouldercolorado.gov
Lori	303-413-7256	GoldmanL@bouldercolorado.gov
Sherri	303-441-4933	BrownSh@bouldercolorado.gov
Colleen	303-413-7216	Fitzgeraldc@bouldercolorado.gov
Nikki	515-571-2004	hussn@bouldercolorado.gov
Mollie	615-295-3147	plaskettm@bouldercolorado.gov

Out on the Town's Outings and Getaways!

April 3 rd	Red Robin- Flatirons Mall	4:30-7:00 pm
April 17 th	Bowling & Pizza, Fat Cats	4:45-7:30 pm
May 8 th	Pizza & BINGO, EBCC	4:30-6:00 pm

Contact Cory Lasher. All activities leave from EBCC

Visual Impairment Sports Club

Sat	April 13	1:00-3:00pm	EBCC
Sat	May 11	1:00-3:00pm	EBCC

Contact Jen Heilveil

Volunteers are an important part of our programs!

What is EXPAND? EXPAND (EXciting Programs, Adventures and New Dimensions) is a program of the Boulder Parks and Recreation Department that offers children, youth and adults with disabilities an opportunity to participate in a recreation program of their choice. Volunteers are necessary to assure the success and fun of all of our programs. Most of the programs listed serve people with developmental disabilities. Programs for people with physical disabilities are available through EXPAND's Paralympic Sports program.

Additional Volunteer Opportunities

Inclusions: Assist a child with a disability in a general recreation program. Most inclusions occur in swimming and gymnastics classes. Time and days vary depending on the season, so please let us know if this interests you! Contact Cory, 303-414-7269.

Duck Race: The EXPAND Program hosts an annual Great Rubber Duck Race at the Boulder Creek Festival as a fundraiser for our program. The actual race occurs on Memorial Day in 2013. Help us sell tickets, count and sort ducks, do computer entry, etc. If you are interested, please contact Colleen Fitzgerald, 303-413-7216.

Road Races: The EXPAND department is the beneficiary of several local running events in Boulder (Fast & Flurry-ous, Distance Carnival, and Heart & Sole ½ Marathon). We are looking for volunteers to help at registration and aid stations.

Contact Sherri @ 303-441-4933.

Paralympic Sports: Assist with one of the best Quad Rugby Team & in the US. Volunteers will assist players with equipment and game set-up. Track training will begin in the spring. Contact Jen, 303-413-7474.

Youth Services Initiative: The YSI program is a community-based after-school program designed to provide economically disadvantaged youth with the opportunities, skills, knowledge and resources necessary to make informed, positive choices related to personal, educational, and lifestyle pursuits. The program runs Monday - Friday from 3 - 6pm.

Contact Alex Zinga, 303-413-7217.



Programs meet at recreation centers:

EBCC (East Boulder Recreation Center) – 5660 Sioux Drive
(55th & Baseline) – 303-441-4400

SBRC (South Boulder Recreation Center) – 1360 Gillaspie
(Broadway & Table Mesa) – 303-441-3448

NBRC (North Boulder Recreation Center) – 3170 Broadway
(Broadway & Iris) – 303-413-7260